

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 35: Frequency of Physical Activity in the Past Week among California Adolescents

How many times during the past week did you participate in physical activities, exercise or sports?
(If you exercised more than once a day, include each time. Also, include time spent in physical education class.)

	Number of Times Adolescent Reported Physical Activity in the Past Week, Percent of Adolescents				
	Any Physical Activity	0	1-2	3-4	5+
Total	94	6	12	21	61
Gender					
Males	96 **	4	12	19	65 **
Females	91	9	12	23	56
Ethnicity					
White	97 ***	3	10	21	66 ***
African American	93	7	17	11	66
Latino	88	12	13	22	53
Asian/Other	94	6	15	20	59
Gender by Age					
 Males					
12-13	97	3	14	12	71 *
14-15	96	4	8	22	65
16-17	94	6	13	22	59
 Females					
12-13	95 *	5	8	18	69 ***
14-15	92	8	17	22	53
16-17	87	13	13	28	47
Smoking Status					
Non-Smokers	93	7	12	20	61
Smokers	94	6	12	29	53
Physical Activity Status					
Regular	N/A	N/A	N/A	N/A	N/A
Irregular	N/A	N/A	N/A	N/A	N/A
Overweight Status					
Not at Risk	94	6	12	20	61
At Risk/Overweight	93	7	10	23	61

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

* p<.05

** p<.01

*** p<.001